

Sustainability at e-INS 2025

Embracing Sustainability

INS is committed to integrating sustainable meeting practices and initiatives that go beyond slogans and result in useful achievements.

We firmly believe that we all have a part to play in preserving our future for generations to come, both locally and across the globe.

Therefore, we are organizing our 4rd Joint Congress of the INS European Chapters with sustainability in mind – for our planet and environment, as well as for everyone involved with the event: from the organising team and committees, through our partner chain, all the way to the delegates we welcome.

Meetings Go Green in İstanbul

Comfort, luxury and technical infrastructure are no longer the only considerations while organising international congresses. **As the importance of environmentally responsible practices has dramatically grown in every aspect of life, congress tourism was also affected by this phenomenon.**

As host of the 5th World Water Forum, İstanbul put environmental concerns at the forefront of its agenda. Sustainability in the meetings, incentives, events and the conference industry in general have become a key issue for meeting planners, national associations and corporations in the city.

Istanbul Metropolitan Municipality (IBB) and the Governorship of İstanbul help meeting planners in organizing environmentally responsible practices. Bureau Veritas and the

Turkish Hotels and Investors Association (TUR0B) teamed up to launch “The Hotel Greening Project” in order to move the environmental agenda forward with Istanbul’s hotels by encouraging them to employ environmentally friendly strategies. The pilot project was realized during the 5th World Water Forum’s Green Forum Initiative to raise awareness on hotel greening techniques and to allow participating hotels take the first step toward greener accommodations. Twenty-six hotels volunteering to participate in the Hotel Greening Project were audited according to the measurements of energy efficiency, water conservation and waste management practices, among other criteria.

Hotels attaining a minimum standard received a certificate from Bureau Veritas and the GFI. Top performers in specific star categories received the “Green Steps Award”.

Be part of the change and join our CO2 emissions offsetting program!

As a participant of e-INS 2025, you have the opportunity to make a difference in the fight against climate change by offsetting the CO2 emissions generated during your trip. Powered by the Thrust Carbon CO2 initiative, our user-friendly platform enables you to offset your individualized carbon footprint from your travel, meetings, accommodation, and more, as well as choose how your carbon offsetting will improve social and environmental conditions.

e-INS 2025 and the Sustainable Development Goals

The Sustainable Development Goals (SDGs, also called the Global Goals) are 17 goals with 169 targets that all UN Member States have agreed to work toward achieving by 2030. They set out a plan for a world without poverty, hunger, and disease.

We at e-INS 2025 want to contribute to the achievement of these objectives in our value chain. We support and work toward the following SDGs:

Zero Hunger

- The food items offered to our participants will be seasonal, organic and prepared from local and regional products.
- Food donations to local non-profit organizations.

Ensure healthy lives and promote well-being for all at all ages

We are introducing several dedicated initiatives, aiming to promote healthy lifestyle, while enjoying being together with the community:

- Health food served during lunch and coffee breaks
- [The e-INS 2025 NeuroRun](#)

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Our top priority is to make high-quality education available to our community. Our goals include eliminating educational gaps between genders, providing more accessible conference options, and enhancing the quality of the scientific program.

What we are doing in e-INS 2025:

- Workshops for early career professionals
- Awards Supporting Participation
- Special keynote presentations delivered by a large number of internationally renowned experts covering the full spectrum of neuromodulation.
- Travel Grants

Ensure sustainable consumption and production patterns

We recognize the environmental impact that large-scale events can have, so sustainable production and consumption are one of our top priorities in organizing the e-INS Meeting. We are working with our suppliers to ensure maximum positive change.

What we are doing in e-INS 2025:

- A mini-program wont be printed. Information available on the APP.
- E-Posters instead of printed Poster Boards: easy to use and available both at the venue and on your device.
- We encourage all of our exhibitors to participate in this initiative by reducing single-use giveaways at their booths.
- Delegate badge and lanyards collection and recycling at the end of the event.
- We work with our local catering partner to ensure the use of local and seasonal products, to reduce the transportation footprint of the congress.

As individuals and as a community, we can and should individually contribute to protecting the earth and its natural systems and resources and to sustaining the natural ecological balance of the ecosystem.

Here is what we encourage you to do during e-INS 2025:

- Use the mobile app and the virtual platform (instead of printing) to inquire about the programme details
- Use more sustainable ways of traveling to and around the city (take the train instead of a flight; ride a bike or walk instead of taxi)
- Reduce the waste you generate and separate disposal
- Opt for reusable mugs and bottles

Green Venue and Accommodation

Istanbul CVB supports green initiatives, in order to maintain that the city of İstanbul can easily and quickly move forward on the corporate social responsibility front. Several meeting venues in Istanbul lead a variety of initiatives that create a natural environment, reduce energy usage and use minimal non-renewable resources.

Some of these initiatives are:

- “Energy Smart Lighting” within venues such as LED lightening system that provides energy savings and efficiency
- Water purification system enabling consumption of pipe water
- Environmentally-friendly technologies
- Congress facilities located in the city center offer delegates the opportunity of walking
- Heat insulation
- Easily accessible public transportation
- Recycling bins for papers, plastics, glasses placed within the venues
- Several venues employ a system for distilling waste oils in the kitchens
- Recycling pens are being used at the meeting rooms
- Smoking is banned in all closed public spaces within the venues
- Maximum natural light